

Jill Nussinow, MS, RD Bio

Jill Nussinow is a culinary educator, a Registered Dietitian and a freelance writer with a Master's Degree in Nutrition and Dietetics. She has been teaching cooking classes that focus on healthful, seasonal and organically grown foods since 1985.

Since 1990 Jill has been teaching culinary classes at Santa Rosa Junior College. She also teaches at cooking schools in Sonoma County and throughout the U.S. She specializes in teaching fast and fresh, healthy cooking with the emphasis on using locally grown vegetables.

You can find Jill teaching cooking for the McDougall program numerous times each year. She was the only nutrition director and cooking teacher for the program from 2002 until 2005. Recently she rejoined the program. Jill also speaks to groups throughout the country about various topics related to vegetarian eating, cooking and plant foods.

Jill has produced cooking demonstrations for various health and community groups, as well as at large events, including the San Francisco Vegetarian Society World Vegetarian Day 2005 and Vegetarian Summerfest 2006. Her first DVD: **Creative Low-Fat Vegan Cuisine** was released December 2004. Her latest DVD **Pressure Cooking: A Fresh Look, Delicious Dishes in Minutes** was released October 2007

Jill is contributing editor to *Natural Food Network*, a trade magazine, and is also a freelance writer whose work has appeared in *The Sonoma County Press Democrat*, *Cooking Light*, *Vegetarian Times*, *Healthtime*, *The Vegetarian Journal* and *Delicious!* Jill was also an editor and contributor for a dietitian's cookbook, *Healthy Cooking Across America* released in 2004. Jill's award-winning cookbook: **The Veggie Queen Vegetables Get the Royal Treatment** was published in June 2005.

Currently Jill consults to Amy's Kitchen (organic, frozen food manufacturer) in Santa Rosa, CA. In 2006 Jill consulted on a project for Kaiser Permanente Cafeteria in Santa Rosa working with a small team on getting healthy, vegan, locally grown, sustainable and organic food on the menu.

Over the past 20 years Jill has introduced thousands of people to the joys of eating fresh food, using exciting new ingredients. Her websites are www.theveggiequeen.com and www.pressurecookingonline.com and you can read her blog at www.theveggiequeen.blogspot.com.